



Sun Lu Tang

*SECTION #1*

	<b>Side A</b>	<b>Side B</b>
1	Springing Hands	Springing Hands
2	Wind Fills Ears	Lazily Tying Coat right
3	Repulse Monkey	White Crane Cools Wings & Push
4	Withdraw and Jam	Withdraw and Horse Kick Punch
5	Weaving Hands left	Cross Punch
6	Weaving Hands right & Kick	Brush Knee & Push
7	Spin Sweep the Lotus	Withdraw, Brush Knee & Punch
8	Ride the Tiger & Punch	Big Pull Back
9	Golden Rooster on One Leg	Ride the Tiger
10	Pull Down	Shoulder Strike
11	Press	Withdraw & Clear

Switch sides

*SECTION #2*

	<b>Side A</b>	<b>Side B</b>
1	Springing Hands	Springing Hands
2	Wind Fills Ears	Hit the Tiger
3	Left Punch	Weaving Hands Left
4	Right Punch	Weaving Hands Right
5	Left Punch	Needle at Sea Bottom
6	Left Shoulder Strike	Feed the Cow
7	Dog Chases Tail	Shoulder Strike
8	Whirling Arms	Slapping Hands, Right Punch
9	Fan Through Back	Fair Lady Works at Shuttles
10	Spin, Sweep the Lotus	Needle at Sea Bottom
11	Wind Fills the Ears	Crane Opens Wings
12	Advancing Cloud Fists	Withdrawing Cloud Hands
13	Right Backfist	Rib Strike, Slip to Back
14	Left Elbow Strike	Roll Back
15	Shoulder Strike	Pull Back & Press
16	Withdraw and Push	Springing Hands

Switch sides

### SECTION #3

	<b>Side A</b>	<b>Side B</b>
1	Springing Hands	Springing Hands
2	Deflect, Right Backfist	Roll Back
3	Left Punch	Ward Off, Palm Strike
4	Roll Back, Single Whip	Turning Single Whip, Elbow
5	Retreat, Fair Lady at Shuttles	Fist At Elbow
6	Fist At Elbow	Snake Strike
7	Seven Stars, Walk The Horse	Big Pull Back
8	Shoulder Strike	Press
9	Withdraw, Clear, Push	Springing Hands

Switch sides

### SECTION #4

	<b>Side A</b>	<b>Side B</b>
1	Springing Hands	Springing Hands
2	Springing Hands	Elbow Carry
3	Fair Lady At Shuttles	Turn Left Heel Stomp
4	Retreat, Brush Knee, Left Punch	Advancing San Ti
5	Turn, Brush Knee And Strike	Punch Downward, Backfist, Claw
6	Deflect, Strike Ribs, Strike Temple	Turn, Temple Strike, Pull Down
7	Shoulder Strike	Press
8	Clear, Springing Hands	Springing Hands

Switch sides

The above was created by Sifu Dale, inspired by the Sun Taiji Quan Solo Form. The purpose is to teach the applications of Sun Taiji Quan and Tuishou (pushing hands).

The above is only the right side. Once you have switched sides, after springing hands, side B uses *TO (uphold)* to force side A back which switches to the left side.

This form is greatly influenced by my Sifu Tchoung Ta Tchen's Tuishou. He would refer to this training as 'Xin Fa' Body Method. Do not anticipate your partner's movement but feel it. Let your body absorb the push, feel its direction and listen to how your body can or should respond. Let your partner create your neutralization and counter-move. Don't be in a hurry, take it slow, listen, and feel the next response.

Sun Taiji Quan emphasizes quick and agile footwork. You should be single weighted most of the time.